

2. We are what we eat.



And we're sicker, fatter, and for the first time, dying younger than the previous generation.

In the 1950's, 10% of adults in the US were obese; the rate today is 39.8% according to the CDC.

We have the most obese population in the world. A restaurant meal is 4 times larger than in the 1950's. One out of every 3 Americans is prediabetic, and almost 10% of our population has diabetes.